



Partners *for a*  
Hunger-Free Oregon

Partners for a Hunger-Free Oregon  
Presents

# Senior Hunger

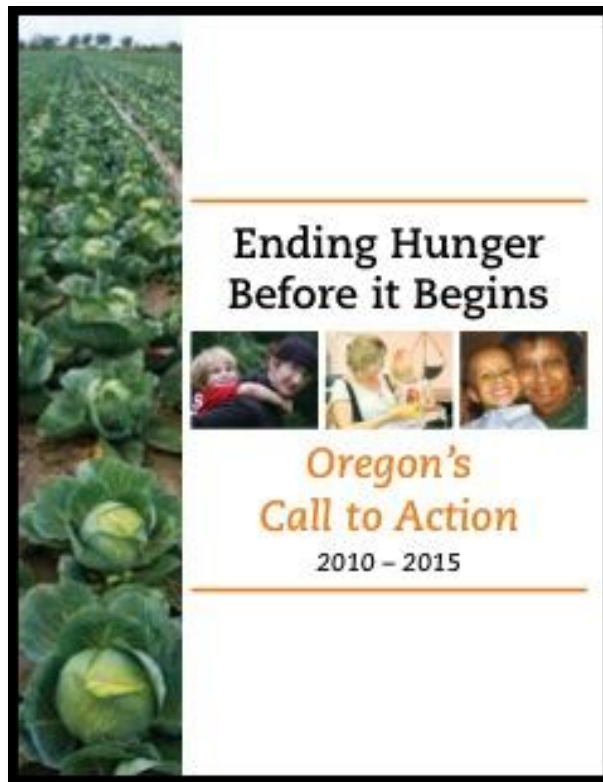
# Partners For a Hunger-Free Oregon

Partners primarily does 4 things:

1. Convene partners for conversations about hunger
2. Engage in public policy and advocacy work addressing the root causes of hunger and helping to remove barriers to participation
3. Perform outreach for SNAP, summer meals for children school meals, and more
4. Share information with partners about hunger thorough county and state data

In other words...

Partners For a Hunger-Free Oregon has a plan



To find out more  
visit:  
[OregonHunger.org](http://OregonHunger.org)



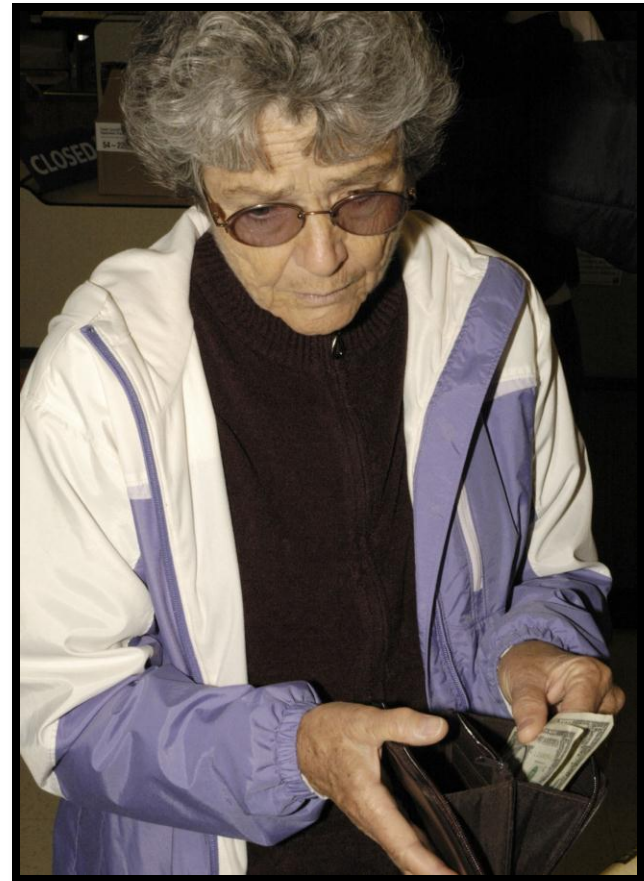
# Senior Hunger

This presentation will answer some basic questions about hunger, how it affects seniors and what you can do to help.

# Times are Tough!

Most seniors planned for their later years by saving money and relying on social security and retirement funds to support them.

But things changed – and now many seniors are finding themselves in a financial pinch.





# Do you know seniors who have

- Skipped a meal because there was not enough food?
- Cut the size of their meals?
- Made one meal stretch for 3 meals?
- Eaten food that was unsafe because they did not have food for later?

This is Hunger!

Also called **Very Low Food Security**



# Question?

Could a person be overweight and food insecure?

**YES!**



# How?

- Often fast food and pre-packed food is less expensive than fresh fruits, vegetables and whole grain products.
- People eat “filler food” For example: ramen noodles are inexpensive and filling but have very little nutritional value.
- People who are hungry can not always afford food that is nutritious.





# Fat Frail

A medical term used for seniors who may be overweight but are actually undernourished.



# If undernourished a senior might:

- Be diagnosed as having dementia or early Alzheimer's Disease
- Have dizzy spells
- Fall and fracture a bone, ending up in a wheelchair or a nursing home.

Undernourishment could be altered with a balanced diet –  
but what does a balanced diet look like?

# Balanced Diet



The 2011 USDA “My Plate” states that healthy person should:

➤ Eat wholegrain products,

# Balanced Diet



- Eat and drink wholesome dairy products,

# Balanced Diet



➤ Eat healthy proteins such as:

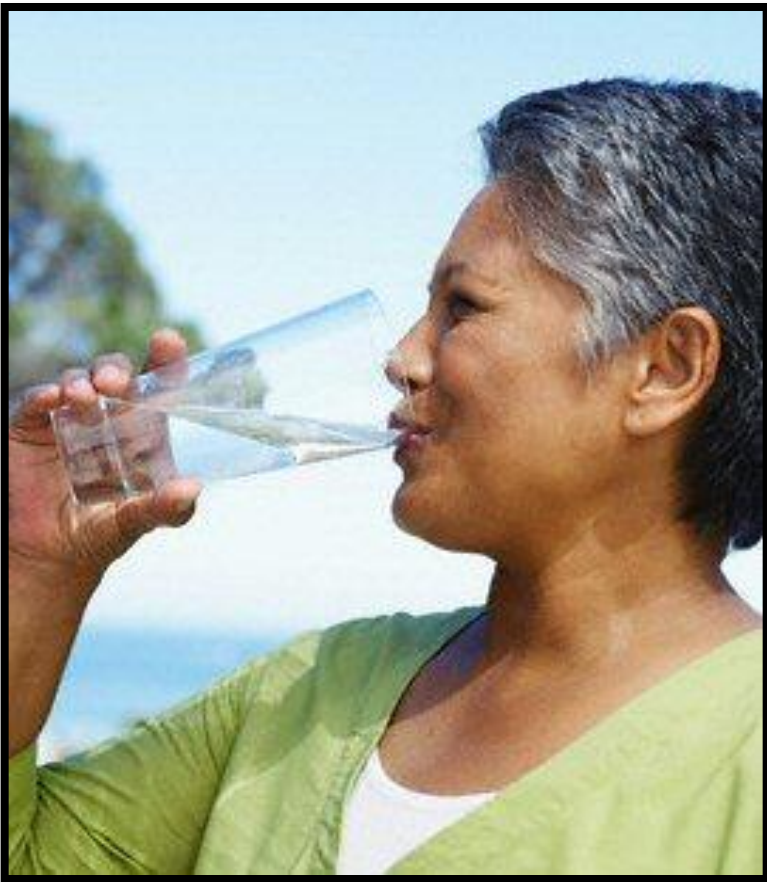
- Fish/Meat
- Eggs
- Legumes
- Whole Grains
- Nuts and Seeds
- Soy

# Balanced Diet



- Eat lots of fresh fruits and a variety of different colored vegetables.

# And drink a lot of fresh water!



- People over the age of 60 have a decreased sense of thirst leading to dehydration
- Much like hunger, dehydration may cause dizziness, falling, and confusion.



# New evidence states lack of nutrition may cause:

- Muscle loss
- Memory loss
- Fatigue
- Depression
- Weak immune system
- Digestive, lung and heart problems
- And other serious ailments



# But healthy food can be expensive



What can a person do?

SNAP!



**S**upplemental **N**utrition **A**ssistance **P**rogram

**Helping seniors eat right when money is tight!**



# Did you know?

In *Supplemental Nutrition Assistance Program* a key word is **Supplemental**?

Why?

SNAP only supplements a receivers food purchasing dollar. In other words, it is *not* expected that what is received in SNAP dollars will pay for an entire month's worth of groceries.



## However .....

Most recipients of SNAP do try to make whatever they get in benefit dollars last for an entire month.


Which means that by the end of the month, many recipients are eating an insubstantial diet or they are resorting to food boxes.

Currently, more than **800,000** Oregonians are receiving SNAP benefits each month

That is **1 out 5** Oregonians

In fact, the USDA stated that using SNAP is a **Common American Experience!**





# What does the new name mean?

- No longer stamps or coupons – food dollars now come as electronic benefits on the Oregon Trail card
- Go to the market and pay by sliding the card like any bank debit card
- Enter a private 4 digit code
- Done!
- Using SNAP is an easy process!



Yet ...

Only 1 in 3 eligible seniors actually receives SNAP.

**Question: Why wouldn't a senior get help when they need it?**

Good question!



# PHFO studies show that many seniors:

Did not know they qualified.

## **FACT:**

The income guideline may be more than you think.

For a single person the monthly income limit is **\$1,723**

For a two-person household it is **\$2,333**

For a three-person household the limit is **\$2,944**



# Benefit amounts vary



- For a single person from \$16 to \$200 a month.
- For a couple \$16 to \$367 a month.
- You can even roll over your SNAP dollars for a year.
- \$16 a month times 12 months = \$192!

# What can \$16 get you?

A couple of questions:

Would you pass up \$16 a month if you saw it laying in the street each month?

What if your favorite grocer sent you \$16 a month in coupons for nutritious food – would you throw the coupons away?



# Important!

Check with a worker – even if over the income requirements

- High out of pocket costs may qualify as deductions
- Many qualify for other services



# PHFO studies show that many seniors:

Did not want to take SNAP away from someone who might need it more.

## **FACT:**

- SNAP is a federally-funded program which expands or contracts as needed.
- There are enough benefits available for everyone who qualifies.



# PHFO studies show that many seniors:

Did not know they could own a car or home or have money in the bank.

## **FACT:**

In Oregon, resources such as a home, car, savings, checking account, or retirement funds do NOT affect eligibility for most households.



# PHFO studies show that many seniors:

Did not want to take a handout.

**FACT:**

Seniors pay into SNAP with their tax dollars – just like they pay into social security.

Is social security a handout?



# PHFO studies show that many seniors:

Believe using SNAP dollars hurts the economy.

## **FACT:**

- SNAP helps Oregon's economy!
- More than \$1 billion federal dollars were invested in Oregon last year

# Something to be aware of

- Providing a senior with an EBT card may not be enough.
- Many face a variety of barriers when trying to grocery shop




# Barriers that some seniors and disabled face when shopping:

- Using a walker, cane or wheelchair
- Grocery store is miles away from home causing them to rely on a taxi or bus
- Visually or hearing impaired
- Speak other language than English
- Recently lost a spouse
- Homeless
- Live in an upstairs apartment without elevator
- On a medically restricted diet requiring special foods which may cost more



# How do seniors apply?

- Oregonians 60+ go to senior service offices.
- Call 1-800 SafeNet (1-800-723-3638) or 211 to find the nearest office.
- Interviews can be done in person or over the phone.
- Or apply on line at  
**<https://apps.state.or.us/onlineApplication/>**
- Seniors may find they also qualify for other services, such as health care or utility assistance.

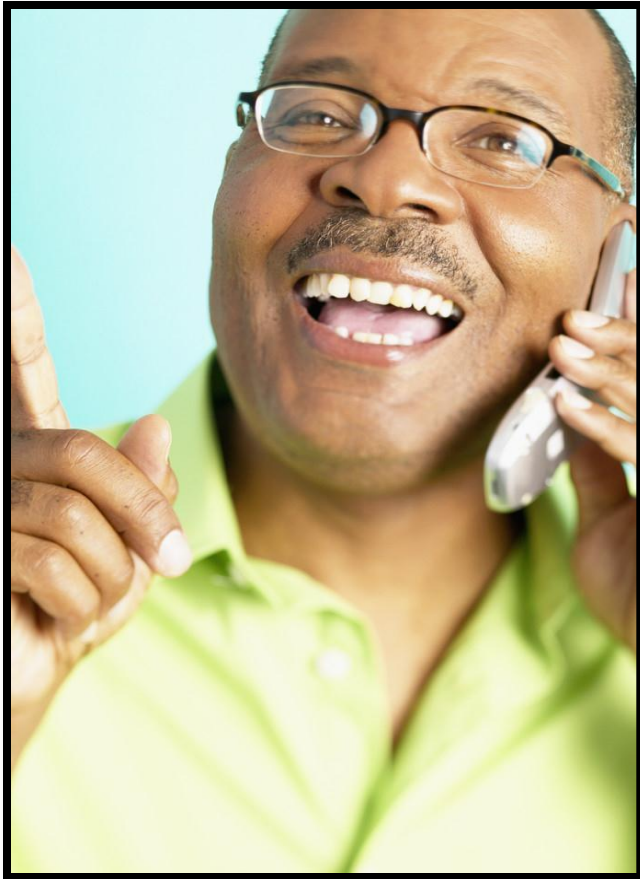


# With SNAP a senior may qualify for other assistance:

- OTAP - Oregon Telephone Assistance
  - \$12.75 per month toward monthly bill.
  - Can be used with some cell phone companies.
  - Link-Up America will pay for part of phone installation.
  
- Senior Farmers Market Coupons
  - Coupons given to those 60+ to spend at the Farmers Markets to purchase fresh fruits and vegetables

(income requirements may differ)

# More Help!



➤ Call 1-800 SafeNet(1-800-723-3638)

**Or visit [211info.org](http://211info.org)**

- Ask Questions
- Find Assistance
- 150 Different Languages
- Resource Directory
- Monday – Friday  
8AM to 6PM



# Other Food Resources:

**Oregon Food Bank can provide information on:**

- Emergency food boxes
- Gleaning
- Community Basket

**[OregonFoodBank.org](http://OregonFoodBank.org)**

503-282-0555

1-800-777-7427



# More Food Resources:

- Meals on Wheels
- Loaves and Fishes
- Senior Congregate Meal Sites
- Local Churches
- 1-800 SafeNet (1-800-723-3638) or 211
- **211info.org**

# Meals on Wheels

You can receive SNAP and still get Meals-On-Wheels delivered to your home.

In fact, you can use your SNAP card to pay for your Meals-on-Wheels food.



# Grandparents Raising Grandchildren

- If you are a grandparent raising children under 5 years of age, they may be eligible for WIC
- Good nutrition in early childhood can make a difference
- Call 1-800-SAFE-Net to find the WIC office near you







# What Can You Do?

➤ Help spread the word – tell others about SNAP.

➤ Do you know a group that can benefit from this presentation?

**Call the Partners For a Hunger Free Oregon at 503-595-5501**

Visit our website at **OregonHunger.org** and  
sign up for the **Advocacy Alert.**



## And of course ...

- Keep an eye on your neighbors and friends - especially seniors - to make sure they have enough food and are eating.
- If you have a car, offer to drive them to and from the grocery store – especially during bad weather.
- If you know of someone with mobility limitations, offer to pick up and deliver food for them.

# Sites to Remember

- 1-800 – SafeNet or 1-800-723-3638
- 211 from your phone or 211Info.org
- Oregon.gov (Senior Services)
- On line application at **[apps.state.or.us/OnlineApplication/](https://apps.state.or.us/OnlineApplication/)**
- OregonHunger.org

# SNAP



Putting Healthy  
Food Within  
Reach!



# Thank you

Partners for a Hunger-Free Oregon



*503-595-5501*

[OregonHunger.org](http://OregonHunger.org)